

HEALTH NEWS *from*

FALL 2016

doctors hospital OF LAREDO

*“It was a
special
moment”*

Crystal and Enrique
Garcia celebrate their
baby's arrival

INSIDE:

Patients find knee pain
relief with Mako™

Reducing breast cancer
risk with healthy eating

Daniel Harvey Garcia, named for his uncle,
is doing great, says first-time mom Crystal
Garcia. “He’s a happy baby.”



Compliments of
**DOCTORS
HOSPITAL**



One of my favorite things about this newsletter is hearing from our patients about their experiences. We are pleased to share with you on page 4 the story of new parents Crystal and Enrique Garcia, who delivered their son at Doctors Hospital of Laredo. We are privileged each time a family chooses to have their baby here, and we work hard to ensure that every delivery gets the special care and attention it deserves.

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We also bring you on the next page the stories of two patients who recently had knee surgery supported by our Mako™ robotic-arm assisted system. If you or someone you know is considering joint replacement, you may find their stories inspiring.

We wrap up our issue with two topics that impact almost everyone in some way. The first is heart disease, and a new support group we are forming to help people who have been impacted by heart-related problems. You can read more about this on page 6. Finally, on page 7, we address breast cancer and the role weight plays in preventing this disease.

Staying healthy is a lifelong endeavor, and our entire team is dedicated to helping you in this quest. We thank you for the opportunity to provide your care and wish you a happy, healthy fall.

Sincerely,

James Resendez, FACHE
Chief Executive Officer

New Wound Healing Center TO OPEN SOON

Doctors Hospital is partnering with Healogics™, the nation's leading wound care management company, to open a new Wound Healing Center later this year. The new Center will be located on the hospital campus near the Doctors Regional Cancer Treatment Center. It will feature two hyperbaric oxygen therapy chambers, which can promote faster healing of persistent wounds for qualifying patients. A number of other advanced healing technologies and services will also be offered. Look for more information about the Wound Healing Center in the coming weeks.

Relief from chronic knee pain



Haissam Elzaim, MD
Orthopedic Surgeon



Ramon Soriano, MD
Orthopedic Surgeon

Orthopedic Surgeons Haissam Elzaim, MD, and Ramon Soriano, MD, now offer Mako™ robotic-arm assisted surgery as an advanced treatment option to help relieve chronic knee pain associated with osteoarthritis. Mako technology enables doctors to create a personalized surgical plan for patients who are deemed candidates for this procedure.

The confidence to move forward

Rosalinda Herrera suffered with pain in her left knee for several years before she saw a news story last January about the Mako system at Doctors Hospital. "I cut it out and carried it with me," she says. "I thought maybe this could provide relief for me."

Rosalinda already had her right knee replaced years earlier. Learning about Mako gave her the confidence to schedule a Mako procedure on her left knee with Orthopedic Surgeon Haissam Elzaim, MD.

"The Mako system helps us to selectively target the damaged portions of the knee, while preserving the healthy parts of the joint," explains Dr. Elzaim. "This can support faster recoveries, shorter hospital stays and better outcomes."

Since having the Mako procedure last May, Rosalinda is now back into her walking routine and glad she had her knee treated. "Now I can walk without a cane and without pain," she says.



Rosalinda Herrera (center) poses with Jason Zamora, PT, DPT, and therapist Elizabeth Vasquez.

Staying active at 81

For Reiko Cuellar, the severe pain in her right knee came on suddenly last December. "It hurt so much I couldn't walk," she says.

At first, her doctor thought she might have twisted her knee. But when the pain continued after two or three months, her doctor introduced her to board-certified Orthopedic Surgeon Ramon Soriano, MD, to discuss the possibility of joint replacement.

Reiko recalls telling him, "I'm too old for surgery. I'm 81." She then learned more about the Mako robotic-arm assisted surgery and decided to have the procedure. "I used the walker a little bit, and then I used a cane for one or two weeks," she says of her recovery. "I'm doing so well. I am very happy."

"The Mako system can be very effective for people of many different ages," says Dr. Soriano. "It enables us to customize treatment to each patient's anatomy."

"I'm so glad I went ahead with the surgery," Reiko says. "I 100% recommend it."



Reiko Cuellar, pictured with her husband, Omar, can now continue the active lifestyle she has always enjoyed.

If you need to find a doctor for yourself or your family, please call our FREE Direct Doctors Plus® physician referral service at 877-992-1711.

“My whole experience was amazing”

First-time mom Crystal Garcia chose to have her baby at Doctors Hospital of Laredo because she'd heard good things about it and it is close to her home. She had a smooth pregnancy and was excited at her 38th week appointment when her doctor told her the baby was ready to be delivered. She checked in at Doctors Hospital just after noon that day with her husband, Enrique, who never left her side. ►

Crystal and Enrique Garcia welcomed their son into the world on May 11. Pictured on the next page, they cuddle with their little bundle of joy.

"From when I got to the hospital to check in, everybody was very encouraging," says Crystal. "Anything I needed, they were there." While many caregivers assisted in her baby's birth, one nurse in particular stayed with her the whole time. Having this steady presence throughout the delivery process was extra reassuring, Crystal recalls. "She was awesome, very supportive," Crystal says.

In addition to the attentive care from the staff, the actual delivery really stood out, Crystal says. Two or three nurses were in the room with her, along with Enrique and her doctor, Juan Montalvo, MD.

"It was like a team that I had cheering me on, saying, 'Come on, let's do this. You've got this,'" Crystal says. "It was a very quick labor and delivery. I never thought it was going to be this simple. They just made it so much easier, and not so complicated."

Crystal gave birth to a healthy baby boy at 6:46 p.m. on May 11, 2016. Daniel Harvey weighed 6 lbs., 9 oz. He was named for Enrique's late brother, who was with the 82nd Airborne and passed away in 2000. "It was a special moment," Crystal says of Daniel's birth.



Crystal says she knew from the start that she wanted to breastfeed. "I said if I can, I definitely will," she recalls. She had the total support of the Doctors Hospital staff, which is designated as a Texas Ten Step Program facility for its comprehensive breastfeeding program.

Education about breastfeeding starts well before babies arrive during prenatal classes, explains Lupita Cisneros, RN, Labor and Delivery/Post Partum Manager. In the delivery room, "skin to skin" contact is encouraged right away to support bonding and promote breastfeeding, Cisneros says. "I was able to hold my baby immediately," Crystal remembers.

Today, Daniel is doing great, says Crystal, 32. He loves to eat and talk. "He's a happy baby," she says.

"I would just like to say that my whole experience was amazing," Crystal says. "The hospital was just fantastic. I would definitely recommend it." ■

What to expect at Doctors Hospital

Experience you can trust.

You have help preparing for your baby's arrival with free prenatal classes. We support you after your delivery as well, including help with breastfeeding. Last year, 2,583 babies were delivered here.

Comfortable, family-friendly facilities.

Private labor and delivery suites provide a soothing environment for mom and visitors. Also, private postpartum suites have been renovated to include amenities like a mini fridge and recliners, for extra comfort.

Skilled, specialized care.

Our Level III NICU is supported by neonatologists who provide specialized care for babies born prematurely or with special needs. "We help moms not just with taking care of their babies but with their needs as well," says Gilda Villarreal, RN, Nursery/NICU Manager.

Support in the community.

The Nueva Vida (New Life) Maternity Clinic on Corpus Christi Street in Laredo provides prenatal care to expectant moms and is partnered with the BCSF Healthy Start program, which offers a mobile unit. These options help many moms receive care closer to home and then deliver their babies at Doctors Hospital, says OB Clinic Supervisor Diana G. Amaro, RN, BSN.

For more information about childbirth services at Doctors Hospital of Laredo, or to arrange a free tour of our childbirth facilities, visit doctorshosplaredo.com/childbirth or call 1-877-992-1711.



Introducing our new *Heart Patient Support Group*



Doctors
Hospital
of Laredo is
starting a
support group

for people coping with heart-related illnesses and conditions. The meetings will be led by Cardiologist **Ralph Nimchan, MD** — who believes that offering this opportunity to learn and share will make a meaningful difference for people in the community.

Q: Who is invited?

The group is open to anyone affected by heart disease, including patients, friends and family members, as well as those who have been impacted by the death of a loved one due to heart disease. You do not need to be a patient of Doctors Hospital to attend.

Q: Why is this group being started?

Support groups can make a big difference for patients. We've seen it with our cancer and bariatric surgery groups. We want to offer this same resource to heart patients, who often face significant, lifelong health challenges. It's a way for patients to get help, at no financial cost, in a supportive setting.

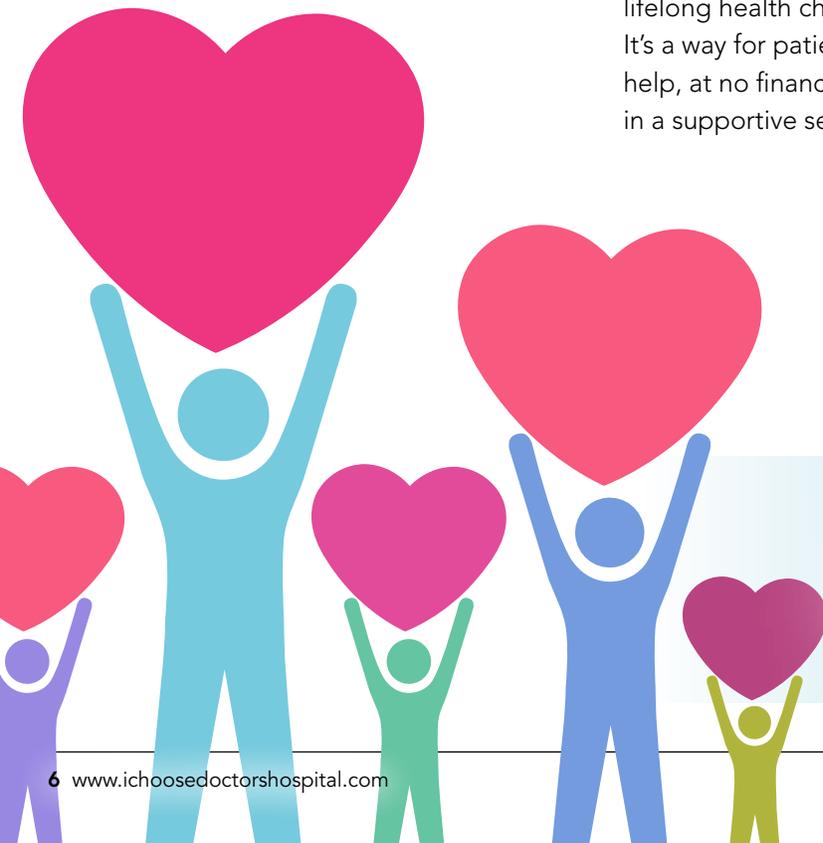
Q: What will the group entail?

The goal is to meet monthly and discuss different topics at each session, such as: diet, the disease process, exercise and medications. Guest speakers and patients will share experiences and help direct attendees to helpful resources and information.

Q: What should patients know about cardiac rehab?

Cardiac rehab plays a vital role in recovery from heart attack and heart surgery. It can also be an effective therapy to address risk factors like high blood pressure, diabetes and obesity. Many people with heart-related conditions are unsure about exercise and other steps they should take to stay healthy. Through this support group, we hope to answer those questions and give people the support and information they need to achieve better lifelong heart health. Before starting an exercise program, consult your physician. ■

For more information about the Heart Patient Support Group, contact Ana L. Sanchez, RN, Cardiac Rehab Coordinator, at 956-523-2779.



Diet can play a role in *fighting* this disease

Women who are overweight or obese after menopause have a higher risk of getting breast cancer than those at a normal weight, the Centers for Disease Control and Prevention (CDC) says. The CDC also says that women who are not physically active have a higher risk of getting breast cancer.



Gary Unzeitig, MD
Cancer Surgeon

YOU HAVE SUPPORT AT DOCTORS HOSPITAL OF LAREDO

"We are fully committed to helping our patients do everything they can to minimize their cancer risk," says Breast Cancer Surgeon Gary Unzeitig, MD. "This means educating patients about the importance of maintaining healthy eating habits and staying physically active. We know it's not easy, but if people can do these things, it can make a difference."



Griselda Rubio, MHA,
Cancer Center
Director

Cancer Center Director Griselda Rubio, MHA, notes that it can be helpful for people to approach healthy eating one day at a time, and not get overwhelmed by thinking they need to lose a certain amount of weight all at once. "It's long-term," she says. "It's a lifestyle change." ■

If you meet the following criteria, you may be eligible to participate in the BWEL Breast Cancer Weight Loss Study.

- ✓ You have been diagnosed with Stage II – III breast cancer within the last 12 months
- ✓ You have completed surgery and chemotherapy (if applicable)
- ✓ You are interested in taking part in a weight-loss program that requires completing questionnaires, taking weight measurements and fasting blood draws at different study points

This study is being conducted at Doctors Hospital of Laredo through the Alliance for Clinical Trials in Oncology. Contact Griselda Rubio at 956-523-2658 if you are interested.



Tips for healthy eating

Registered Dietitian Luis Rodriguez, Director of Clinical Nutrition, shares some practical advice.

Portion control

Overall the goal is to be satisfied and not get full. If you eat and feel full, you ate too much. When it comes to portions, think of your palm size. Anything bigger than that in terms of meat/chicken/fish is too much. When it comes to foods like beans, rice and other starches, visualize what you can get in one handful; that should equal roughly one-half cup. If you eat more than that, it's too big of a portion. Another approach is to eat half of what you're served at restaurants.

Limit fats

You can eat leaner cuts of meat like chicken and fish. When it comes to beef, focus on sirloin or even bison. Bison meat is very lean. Avoid deep-frying. When using a pan to cook meat or other foods, don't add additional oil, particularly for meat. Opt for baking or grilling. Make substitutions in your recipes (e.g., fat-free milk instead of whole milk). Avoid all packaged baked goods as they all have trans-fat.

Opt for fresh

When you can eat fresh, do so, like fresh fruit (not canned) and fresh veggies, as they are not processed.

CALENDAR OF *events*



FREE

CHILDBIRTH EDUCATION

Prenatal classes cover information for your entire pregnancy, including labor, pain management, breastfeeding and newborn care. A tour will be included.

WHERE: Community Center

WHEN: Sessions are held the first two Tuesdays of the month, from 6 – 8 p.m.

- **November 1, 8**
- **December 6, 13**

WHO: Instructors are Sharon Priest, RN, and Maria Noela Avila, RN, IBCLC, Lactation Consultant.

HOW: Call 1-877-992-1711 to sign up and confirm class dates.*

**We recommend that a mom and her support person register and attend as soon as she knows she is pregnant. Children are not permitted in this class.*

BREASTFEEDING CLASSES

Open to all moms, even if it is not your first baby. All mothers are encouraged to attend before they deliver.

WHERE: Postpartum Conference Room

WHEN: Last Thursday of every month, 1:30 – 2:30 p.m.

HOW: Register at 956-523-2530; if there is no answer, please leave a message.

**WEIGHT-LOSS SURGERY
ONLINE SEMINARS**

If you want to learn more about weight-loss surgery, you can now get the information you need in the comfort of your home. Find out more by watching a series of videos about weight-loss surgery at Doctors Hospital of Laredo. Go to www.ichoosedoctorshospital.com/videoseminar.

BARIATRIC SUPPORT GROUP

Thursdays at 5:30 p.m.

Providence Health Center (main lobby)
Open to anyone who has had bariatric surgery or is considering it.

- **October 27: Practice for Awards Night**
- **November 17: Awards Night**
- **December 15: Christmas Party**



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